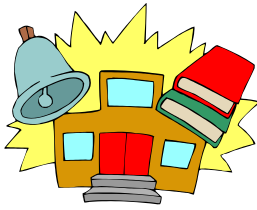


A Newsletter for Juneau County Seniors & Adults with Disabilities



AGELESS



HEIDI RANDALL, DIRECTOR

Aging & Disability Resource Center of Southwest WI--Mauston

608-847-9371 or toll free 877-794-2372

Website: www.adrcswwi.org

September, 2010

NOTES FROM HEIDI NO. 340

Hello Everyone—

School days, school days, dear old golden rule days! Hard to believe it is that time again. But it is, so here we go!

In the spirit of fall, it happens to be falls prevention month. Doesn't that fit? We have provided some great tips in this issue on how you can play it safe when you are out and about.

The Stepping on Falls Prevention program has been highly successful and we will be offering another session this fall. A separate page in AGELESS features more details so look further in this issue for class dates and location.

September is also Food Safety Month. You may be interested to know that your mealsite volunteers are now in the process of taking a course related to food safety entitled Serving Safe Food. It is an excellent training where they learn more about potential food hazards, site cleaning methods, proper hygiene, and other related safety issues. You are in good hands.

The Whooping Crane Festival is Saturday, Sept. 18 at Necedah. This festival has grown in popularity over the years and will include a space where our county seniors will be selling crafts. Stop by and check out what they have to sell.

The Adams/Juneau Memory Walk is Sat., Oct. 9 at the Bethany Lutheran Church in New Lisbon. We have registration forms and other information here at the ADRC on the walk if you would like to join us in the walk to end Alzheimer's Disease.

See you in October!!

MENU FOR
Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station
847-9371 547-3125 427-3287 562-6592 666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
August 30	August 31	September 1	September 2
Shredded Beef/Bun Potato Salad Spring Pea Salad Fruited Jello	Chicken Breast Sweet Potatoes Green Bean Casserole Potato Bread/Butter Rice Pudding	Salisbury Steak with Mushroom Gravy Browned Potatoes Squash Dinner Roll/Butter Seasonal Fruit	Roast Turkey Mashed Potato/Gravy Mixed Vegetables 12-Grain Bread/Butter Seasonal Fruit
September 6	September 7	September 8	September 9
Labor Day-Holiday ADRC Office & All Mealsites Closed No Meals Served	Budget Cut Day No Meals Served	<u>Labor Day Special</u> Brat/Bun Sauerkraut Baked Beans Creamy Potato Salad Watermelon Wedge Strawberry Shortcake	Boiled Dinner with Ham/Carrots/Cabbage & Potatoes 12 Grain Bread/Butter Dessert Bar
September 13	September 14	September 15	September 16
Chicken Salad on a Croissant/Lettuce Leaf Wild Rice Soup Waldorf Salad	Roast Pork Loin Mashed Potatoes/Gravy Mixed Vegetables 12-Grain Bread/Butter Frosted Marble Cake	Beef Chow Mein with White Rice Chow Mein Noodles Oriental Blend Veg. Wheat Bread/Butter Apple Crisp	Italian Meat Sauce with Spaghetti Broccoli Seasonal Fruit Garlic Bread Brownie
September 20	September 21	September 22	September 23
Meat Loaf Mashed Potato/Gravy Green Bean Almondine Dinner Roll/Butter Chocolate Cake	Roast Beef Baked Potato Seasoned Corn 12-Grain Bread/Butter Seasonal Fruit	Hamburger Patty/Bun with cheese/lettuce Baked Beans Lettuce Salad Cookie	Tuna Casserole Mixed Vegetables Bread/Butter Seasonal Fruit
September 27	September 28	September 29	September 30
Seasoned Chicken Rice Pilaf Broccoli Wheat Bread/Butter Fruited Jello	Turkey/Swiss/Rye with Lettuce Leaf Chef's Choice Soup 3 Bean Salad Cream Pie	Lasagna Mixed Vegetables Sunshine Salad Garlic Bread Cookie	Sloppy Joe/Bun Seasoned Peas Creamy Potato Salad Fruit Cobbler

Congregate Meal (in Center)- \$3.50 Meals on Wheels (Homebound)-\$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

WONEWOC MENU
464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 31	September 1	September 2	September 3
Chicken Breast Sweet Potatoes Green Bean Casserole Potato Bread/Butter Rice Pudding	Salisbury Steak with Mushroom Gravy Browned Potatoes Squash Dinner Roll/Butter Seasonal Fruit	Roast Turkey Mashed Potato/Gravy Mixed Vegetables 12-grain Bread/Butter Dessert Bar	Budget Cut Day No Meals Served
September 7	September 8	September 9	September 10
<u>Labor Day Special</u> Brat/Bun Sauerkraut Baked Beans Creamy Potato Salad Watermelon Wedge Strawberry Shortcake	Shredded Beef/Bun Potato Salad Spring Pea Salad Fruited Jello	Boiled Dinner/Ham Carrots/Cabbage/Potato 12 grain Bread/Butter Dessert Bar	Seasoned Chicken Rice Pilaf Broccoli Wheat Bread/Butter Fruited Jello
September 14	September 15	September 16	September 17
Roast Pork Loin Mashed Potato/Gravy Mixed Vegetables 12 Grain Bread/Butter Frosted Marble Cake	Beef Chow Mein with White Rice Chow Mein Noodles Oriental Blend Veg. Wheat Bread/Butter Apple Crisp	Italian Meatsauce with Spaghetti Broccoli Seasonal Fruit Garlic Bread Brownie	Chicken Salad on a Croissant/lettuce Wild Rice Soup Waldorf Salad
September 21	September 22	September 23	September 24
Roast Beef Baked Potato Seasoned Corn 12 Grain Bread/Butter Seasonal Fruit	Hamburger Patty/Bun with Cheese/Lettuce Baked Beans Sliced Beets Cookie	Tuna Casserole Mixed Vegetables Bread/Butter Seasonal Fruit	Meat Loaf Mashed Potato/Gravy Green Bean Almondine Dinner Roll/Butter Chocolate Cake
September 28	September 29	September 30	
Turkey/Swiss/Rye with Lettuce Leaf Chef's Choice Soup 3 Bean Salad Cream Pie	Lasagna Mixed Vegetables Sunshine Salad Garlic Bread Cookies	Sloppy Joe/Bun Seasoned Peas Creamy Potato Salad Fruit Cobbler	

Congregate Meal (in Center)- \$3.50 Meals on wheels (homebound)-\$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

SPOTLIGHT ON SOCIAL SECURITY

Be Wary of Scams

By Ken Hess, Social Security Public Affairs Specialist for Wisconsin

These days, everyone needs to be cautious of scams-- Internet, mail and even phone scams-- which can damage your credit score and pocketbook. Any time someone asks for your personal information, you should be wary. Particularly cruel are swindles that target Social Security beneficiaries.

Recently, Social Security became aware of a scam targeting beneficiaries in Southern California area. Scammers telephoned beneficiaries to tell them they were due a "Stimulus payment." The scammer offered to deposit the payment to each beneficiary's account once the personal and bank account information was provided. The scammer then contacted Social Security by telephone to request the benefits be deposited in a new account-- the scammer's account, to steal the payments. In a similar version of this criminal ploy, the scammer calls the beneficiary to "confirm" the beneficiary's personal and financial information.

As a rule of thumb, Social Security will not call you for your personal information such as your Social Security number or banking information. If someone contacts you and asks for this kind of information, do not give it.

You should never provide your Social Security number or other personal information over the phone unless you initiated the contact, or are confident of the person to whom you are speaking. If in doubt, do not release information without first verifying the validity of the call by contacting the local Social Security office or Social Security's toll free number at 1-800-772-1213 (TTY 1-800-325-0778).

Another way to protect yourself is to keep your Social Security card and other important documents locked away in a safe place. Do not give personal information to just anyone. Also, check your Social Security earnings record. You can request a Social Security Statement online at www.socialsecurity.gov/statement. When you receive your Statement in the mail, you can verify the accuracy of the reported earnings and request correction if necessary.

If you fall victim to fraud or identity theft, be sure to file a report with the local police or the police department where the identity theft took place, and keep a copy of the police report as proof of the crime. Information on how to prevent scams and protect yourself can be found at www.ftc.gov/idtheft. You can also read Social Security's publication, Identify Theft and Your Social Security Number, available online at www.socialsecurity.gov/pubs/10002.html. Be alert to people who want your personal information, such as your bank account number, date of birth and Social Security number. By using a little caution, you can protect yourself from scams.

Learn more about Social Security at www.socialsecurity.gov.

Ken Hess is a Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213 8th Street South, Wisconsin Rapids, Wisconsin 54494 or via email at kenneth.hess@ssa.gov.

ELROY MENU

462-5175

MONDAY	TUESDAY	THURSDAY	FRIDAY
August 30	August 31	September 2	September 3
Spaghetti/Meatsauce Tossed Salad/French Dressing Cottage Cheese Garlic Bread Peaches	Cook's Choice	Roast Beef Potatoes/Gravy Corn Pickled Beets Dinner Roll/Butter Fruit	Budget Cut Day No Meals Served
September 6	September 7	September 9	September 10
Labor Day- Holiday ADRC Office & All Mealsites Closed No Meals Served	Baked Chicken Mashed Potato/Gravy Carrots Cranberries Dinner Roll/Butter Tapioca Pudding	BBQ/Bun Baked Beans Salad Pickles Baked Custard	Baked Ham Scalloped Potatoes Peas & Carrots Dinner Roll/Butter Pineapple Upside Down Cake
September 13	September 14	September 16	September 17
Liver & Onions Potatoes/Gravy Broccoli Dinner Roll/Butter Seasonal Fruit	Pork Roast Mashed Potato/Gravy Mixed Vegetables Applesauce Dinner Roll/Butter Cookie	Sirloin Tips/Mushrooms Noodles Stewed Tomatoes Dinner Roll/Butter Fruit Crisp	Fish Nuggets/Tartar Sauce Augratin Potatoes Cole Slaw Dinner Roll/Butter Fruit
September 20	September 21	September 23	September 24
Chili Soup/Beans Crackers Cheese Slices Fruit Salad Carrot Sticks Dinner Roll/Butter Brownie	Baked Chicken Mashed Potato/Gravy Broccoli Cranberries Dinner Roll/Butter Jello/Fruit	Meat Loaf Baked Potato Creamed Corn Dinner Roll Pie	Tuna or Chicken Hot Dish Mixed Vegetables Apple Rings Dinner Roll/Butter Fruit/Cookie
September 27	September 28	September 30	
Spaghetti/Meatsauce Tossed Salad with French Dressing Cottage Cheese Garlic Bread Peaches	Chicken Breast Stuffing/Gravy Carrots Cranberries Dinner Roll/Butter Fresh Fruit	Hamburger Steak with Onions Potatoes/Gravy Beets Dinner Roll/Butter Cake	

Congregate Meal (in Center)-\$3.50 Meals on Wheels (Homebound)-\$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Fuel Assistance Application Dates Fall, 2010

SEPTEMBER

Thursday, Sept. 9- Necedah Village Hall 10 a.m.-2 p.m.

Wednesday, Sept. 22- New Lisbon Mealsite, New Lisbon Fire Dept., 10 a.m.-2 p.m.

Wednesday, Sept. 29- Camp Douglas Mealsite, Camp Douglas Village Hall, 10a.m.-2 p.m.

OCTOBER

Thursday, Oct. 7- Mauston Adult Center, Courthouse Annex Basement, 10 a.m. 2 p.m.

Wednesday, Oct. 13- Wagon Wheel Restaurant, Wonewoc, 10:30 a.m.-1 p.m.

Thursday, Oct. 21- Grace Lutheran Church, Elroy 10 a.m.-1 p.m.

Thursday, Oct. 28- Necedah Village Hall, 10 a.m.-1 p.m.

NOVEMBER

Thursday, Nov. 4- Beagle's Bar & Grill, Lyndon Station 10 a.m.-2 p.m.

PLEASE BRING THE FOLLOWING DOCUMENTS WITH YOU:

1. Proof of previous 3 months gross household income
2. Social Security Cards for everyone in the household
3. Fuel and Electric costs from September 1, 2009 to Aug. 31, 2010

**For more information contact the Central Wisconsin Community Action Council
at 847-5988.**

SEPTEMBER BIRTHDAYS

September 1- Harold Ristow

September 3- Terry Potter

September 7-Arnold Franke

September 10-Charles Laudie

September 14-Jonetta Zukauskis

September 29-Veryl Franke

September 1- Pam Green

September 6- Dick Mc Donald

September 9- Lorraine Niezwicki

September 12-Madeline Schroeder

September 27-Bonnie Greenwood

HELP AVAILABLE FOR GRANDPARENTS RAISING GRANDCHILDREN

Family Caregiver Support Program can provide information and Resources

Driving to soccer games, going to parent-teacher conferences, running to pediatrician appointments-- they're all part of a typical day for many parents and are sometimes sources of stress for families. But more and more grandparents are filling these and other roles as they find themselves in the unanticipated position of raising a grandchild.

At least 3% of children under 18 in Wisconsin are living in homes headed by a

grandparent-- a situation that can be both fulfilling and challenging. To help grandparent caregivers find resources locally, the Family Caregiver Support Program in Juneau County provides information and services that can help grandparents and other family caregivers better cope with the care giving situation. A website (www.wisconsincaregiver.org) and toll free phone number (866)-843-9810 connect people with the Family Caregiver Support Program in other counties and tribes throughout the state. The program serves grandparents or relative caregivers 55 years of age or older who are caring for children under age 19, or who are caring for a relative with a disability who is 19-59 years of age. It also serves anyone directly caring for or concerned about the well being of someone over 60 or someone with Alzheimer's disease or a related disorder.

The kinds of help that grandparent caregivers want or need can be diverse. Some people are looking for information and support. Others need financial help or health care services in the home. County and tribal Family Care Giver Support Programs work to create helpful solutions to these and other care giving needs. Program specialists provide information and assistance on services such as respite care, case management, home health, and personal care, financial and legal matters related to care giving, transportation and more. They can also help grandparents find a local support group to connect with others in their area who understand the experience of raising a grandchild.

For more information about Family Caregiver Support Programs, call the Aging and Disability Resource Center at 608-847-9371. To find care giving resources in other counties or tribes in Wisconsin call 866-843-9810 or go to www.wisconsincaregiver.org

HOME SAFETY- KITCHEN & BATHROOM

A Little Slip can Ruin The Day

Home Sweet Home can be a dangerous place. Falls, sprains, strains and burns are a common source of injuries for older adults. In planning for home safety, follow a few simple guidelines, adapting them to your own needs.

Smooth Sailing- Transitioning from outside the home to inside, from downstairs to up stairs, and from room to room should be as smooth as possible. Think level thresholds, nonskid flooring, and no loose rugs or carpeting to snag feet, walkers, canes, or wheel chairs.

Light up-Not only does ample lighting prevent falls, it deters crime. Well-lit pathways, entrances, and driveways scare off burglars.

Level the playing field-Keep work surfaces, frequently used drawers, tables, countertops, and storage areas at a comfortable height, to prevent the need to reach up high or bend down low to retrieve items or complete tasks.

The Kitchen

The kitchen can be filled with booby traps for the unwary. Dangers include cuts from sharp knives, burns and scalds, and injuries from reaching and bending. To keep safe

handicapped or elderly people who enjoy helping in the kitchen follow these tips:

Kitchen Safety Tips

1. Use an electric teakettle.
2. Install microwave ovens at countertop level, not overhead, to reduce the chance of spills.
3. Set the water heater temperature below 120°F.
4. Use a single lever faucet that can balance water temperature.
5. Provide an area away from the knife drawer and the stove where the person in your care can help prepare food.
6. Use a microwave oven whenever possible (but not if a person with a pacemaker is present).
7. Ask the gas company to modify your stove to provide a gas odor that is strong enough to alert you if the pilot light goes out.
8. If possible, have range controls on the front of the stove.
9. Provide a step stool, never a chair to reach high shelves.

Kitchen Comfort & Convenience

- ⑩ Use adjustable height chairs with locking casters
- ⑩ Install a Lazy Susan © (swivel plate) in corner cabinets.
- ⑩ Set up cabinets to reduce bending and reaching.
- ⑩ Put in storage wall, rather than upper cabinets.
- ⑩ For easier access replace drawer knobs with handles.
- ⑩ Place a wire rack on the counter to reduce back strain from reaching for dishes.
- ⑩ Adapt one counter for wheelchair access.
- ⑩ Remove doors under the sink to allow for wheelchair access; cover exposed pipes/
- ⑩ Create different counter heights by putting in folding or pull out surfaces.
- ⑩ If bending is difficult consider a wall oven.
- ⑩ Install pull out shelves in cabinet.
- ⑩ If possible, use a fridge that has the freezer on the bottom.
- ⑩ Prop the front of the fridge so that the door closes by itself. (If needed, reverse the way the door swings).

The Bathroom

Many accidents happen in bathrooms, so check the safety of the bathroom that you will use for home care. Best Safety improvements are:

- ⑩ shower chair
- ⑩ An open plan or walk in shower stall with low curb
- ⑩ non skid flooring
- ⑩ Grab bars

Bathroom Safety Tips

1. Cover all sharp edges with rubber cushioning.
2. Install medicine cabinet lighting, so mistakes are not made taking medicine.
3. Remove locks on bathroom doors
4. Use nonskid safety strips or at a nonskid bathmat in tub or shower.

5. For a grab bar (instead of a towel bar) on the edge of the vanity
6. Place glass shower doors and replace them with unbreakable plastic or shower curtains.
7. Install ground fault interrupter (GFI) electrical outlets and use only electrical appliances with a GFI feature.
8. Set the hot water thermostat below 120°F.
9. Use faucets that mix hot and cold water, or paint hot water knobs red.
10. Insulate (cover) hot water pipes to prevent burns.
11. Install toilet guard rails, or provide a portable toilet seat with built in rails.

Taking Care of Yourself-- Breathe like a baby

Ever watch a sleeping baby? Babies breathe “from their bellies” taking deep, lung-filling breaths that make their tummies rise and fall. Adults under stress, on the other hand, tend to take short, shallow breaths that use only the upper chest muscles. This shallow breathing means less oxygen for the body and brain, and can leave you feeling tired and unfocused. Practice diaphragmatic breathing: when your abdomen-- your belly should round and fill like a balloon; as you exhale, your body should slowly deflate. It's sometimes hard to remember to take deep, calming breaths when you're stressed, so keep a visual reminder on hand such as a picture of a peaceful place with the “Breathe” written on it.

Bathroom Comfort and Convenience

- Ⓢ If possible the bathroom should be a straight path from the bedroom of the person in your care.
- Ⓢ Put in a ceiling heat lamp
- Ⓢ Place a telephone near the toilet
- Ⓢ Provide soap on a rope or put a bar of soap in the toe of a nylon stocking and tie it to the grab bar.
- Ⓢ Try to provide enough space for 2 people at the bathroom sink
- Ⓢ If possible have the sink 32-34” from the floor
- Ⓢ Use levers instead of handles on faucets
- Ⓢ Provide and elevated (raised) toilet seat and place toilet paper within easy reach.

QUICK QUIZ

Falls, sprains, strains, and burns are a common source of injuries for older adults. In planning for comfort and safety at home, think ahead. Have a plan that will be helpful and more accommodating to those who may want to stay in the home as they age or require care. Read the issue and answer True or False to the questions below to test your knowledge.

T___ F___ 1. Dangers in the kitchen include cuts from sharp implements, burns and scalds, and injuries from reaching and bending.

T___ F___ 2. Have level thresholds, nonskid flooring and no loose rugs or carpeting to snag feet, walkers, canes or wheelchairs.

T___ F___ 3. A gas odor that is strong enough to alert you if the pilot light goes out is not

helpful for kitchen safety.

- T__ F__ 4. Either a step stool or a chair is equally safe to reach high shelves.
- T__ F__ 5. The water heater temperature set at or below 120°F is safest to avoid scalds.
- T__ F__ 6. It is convenient to remove doors under the sink to allow for wheelchair access, but it is then especially important to cover exposed pipes.
- T__ F__ 7. Grab bars and nonskid flooring in the bathroom will prevent falls.
- T__ F__ 8. Among older adults, falls are the leading cause of injury deaths, and the most common cause of nonfatal injuries and hospital admissions for trauma.
- T__ F__ 9. If bending is difficult, a soap on the rope or a bar of soap in the toe of a nylon stocking tied to a grab bar will make showering easier.
- T__ F__ 10. Removing the locks on the bathroom door will keep the person from accidentally locking himself in.

Healthcare Fraud is a Family Matter

It takes families and community to care for older family members. One person might drive them to their doctor appointments, another might help them with housework, and still another might make sure they eat properly.

Family members all work together to keep their elder family member healthy and happy. This process of working together also applies to keeping them safe from healthcare fraud. This brochure describes ways that your family can work together to prevent healthcare.

Practice Good Communication

Talking about healthcare fraud with older family members may seem uncomfortable at first. Using good communication skills can make the process easier.

- ☉ **Offer options instead of advice:** For example, if your family member is seeking questionable healthcare options for a specific ailment, let them know about the other options that are trustworthy.
- ☉ **Listen to them:** Healthcare scam artists are successful because they prey on older people who just want someone to talk to. Taking time to listen to your loved ones can help keep them safe from many types of fraud.
- ☉ **Honor their wishes:** Remember that you are talking about their lives. They do not have to do everything exactly as you would. Talking thing over with them help them make better decisions.
- ☉ **Keep lines of communication open:** Good communication involves more than one conversation. Make sure to talk with your loved one on a regular basis.

⑩ *Tips for Talking to Aging Loved Ones*

Not long ago, your older family members were family decision makers. Now, you are sometimes asked to help them make decisions. This may be especially true when it comes to medical decisions. The following tips will help your discussions run more smoothly:

- ⑩ **Start discussions early:** Talk to your loved ones about healthcare fraud before they become victims. Use news items or friends' situations to begin your discussions.
- ⑩ **Treat elders with respect:** Your parents and grandparents have lived long, eventful lives. Recognize the value of their experience and help them to use it to protect themselves.
- ⑩ **Let them keep control:** Remember that they have the right to make their own decisions. If their decisions about health care options are threatening their safety, discuss the potential for harm. Work with a trusted health care provider to assist with the decision making process.
- ⑩ **Ask about records and documentation:** Know where your loved ones keep their important healthcare records. Consider advanced care planning options. Everyone, regardless of age should have a power of attorney for finance. In Wisconsin, these forms are available for download and in most cases do not require an attorney to complete.

Working Together

Chances of becoming a victim of healthcare fraud are reduced when the whole family gets into the act.

- ⑩ **Share the load:** Sometimes caregiving is overwhelming, sharing responsibilities among many family members can make things easier. Local aging offices also provide support and assistance to family caregivers.
- ⑩ **Focus on strengths:** Family members with different talents can provide care in different ways.
- ⑩ **Hold regular family meetings:** Meeting on a regular basis to talk about caregiving can help the family recognize situations that might lead to healthcare fraud. Through the use of technology, it is even possible to include family members who reside long distances from the elders.
- ⑩ **Designate 1 person to manage healthcare records:** Keep records in one central location. A simple journal of medical appointments and procedures helps when reviewing the Medicare Summary Notices.
- ⑩ **Get younger members of the family involved:** Grandchildren are a source of pleasure to older family members. They can also help them look up healthcare information on the internet. If the grandchild is of driving age, they may be able to transport their grandparent to a medical appointment or to the drug store.

All of these strategies help relieve loneliness and also serve as ways to protect a loved one from health care fraud. **For more information, and to learn about volunteer opportunities call Elizabeth Conrad at 608-224-0660 or visit the Coalition of**

Wisconsin Aging Groups website at www.cwag.org.

ICE your cell phone!

No, don't freeze your phone! Put it to use for your safety. "ICE" stands for In Case of Emergency."

Emergency personnel try to contact a family member (or friend) when you are a victim of an accident, crime or disaster. They may look for the word "ICE" listed in your cell phone contacts and call that number.

Here are the steps you should take:

1. Decide who should
be your "in case of emergency" person. You can list more than one (ICE-1, ICE-2, ICE-3). It's good to list someone who lives nearby. But also try to list one person who does not live in your area in case everyone in your area is affected by a disaster.
2. Tell these people
that you are listing them as an emergency contact. In case they are ever called they should know your name, date of birth and address. If possible, they should know a bit about your health (relevant medical history and allergies).
3. Enter ICE as a
contact name on your cell phone; enter the person's phone number.
4. This is not a perfect
plan. Your cell phone may be damaged or lost in an accident. So, be sure you also carry an ID card with your name, date of birth and address. List on the card the names and phone numbers of your "in case of emergency" people.

"33 Express"

A Message from the Vernon County Unit on Aging:

We are on the road with a Monday and Friday bus traveling from La Crosse to Hillsboro and back to La Crosse a couple times throughout the day. Here is the opportunity to help your county residents travel along Hwy 33 if desired. It is a pilot project with Monroe and La Crosse counties. We charge \$6.00 for a one-way trip shopping/starting anyway along the route. The bus leaves Hillsboro from Kwik Trip at 8:00 a.m. And returns at 4:00 p.m. This is public transportation, not limited to low income, elderly, disabled, etc. Rides can be for any purpose-- shopping, medical, visiting, recreational (bike racks are available and canoeing) to get to school etc. Riders call 888-300-9796 to sign up by 2:00 p.m. the workday prior to traveling.

Home Safety Mythbusters

September is National Food Safety Education Month

Myth: Leftovers are safe to eat until they smell bad.

Fact: Most people would not choose to eat spoiled, smelly food. However, if they did,

they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that don't. The types of bacteria that do cause illness do not affect the taste, smell or appearance of food. For this reason it is important to freeze or toss refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don't take the risk- when in doubt-- Throw it out!

Fightbac.org

Week's Highlight Message:

CHILL-- Refrigerate promptly.

Bacteria spreads fastest at temperatures between 40°F and 140°F so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

TAKE ACTION TO PREVENT A FALL

If you or someone you know has fallen, you are not alone. Falls can happen anytime, anyplace and to anyone. Falls can occur while doing everyday activities. But falls are not a normal part of getting older.

Start to Exercise regularly

Exercise is one of the most important ways you can lower your chances of falling.

Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Putting off exercise can weaken your muscles and increase your chances of falling. Ask your doctor about the best type of exercise program for you.

Check your vision regularly

Have your eyes checked by an eye doctor at least once a year. You may need different glasses or have a condition like glaucoma or cataracts that make it harder for you to see clearly, poor vision can increase your chances of falling.

Review your medicines

Have your doctor or pharmacist review all the medications you take, including over-the-counter medicines. As you get older, your body may react differently to medicines than it used to. Some medicines or combinations of medicines, can make you tired or dizzy, which can cause you to fall.

Make your home safer

About half of the falls happen at home. To make your home safe:

- *Remove things you can trip over from stairs and places where you walk
- *Remove small rugs or use double sided tape to keep rugs from slipping.
- *Keep items used often in cabinets you can reach easily without using a stool.
- *Have grab bars installed next to your toilet or in the bathtub and on shower floors.
- *Use non-slip mats in the bathtub and on shower floors
- *Improve lighting in your home.

- *install handrails and lights on staircase
- *Wear shoes inside and outside the house.

QUICK GUIDE TO FOOD SAFETY

Preparing Food Safely:

- ⑩ Thaw food in refrigerator, not on the kitchen counter
- ⑩ Replace sponges and wash dishcloths in hot soapy water
- ⑩ Use separate cutting boards and utensils for uncooked meat and poultry.
- ⑩ Clean work surfaces and utensils prior to chopping vegetables.
- ⑩ Wash hands frequently and thoroughly

Reheating Food Safely:

- ⑩ Bring soups, sauces, gravies to a full boil.
- ⑩ Heat other leftovers thoroughly to 165°
- ⑩ Microwave leftovers using a lid or vented plastic wrap for thorough heating.

Safely Storing Leftover Food:

- ⑩ Use small containers for quick cooking
- ⑩ Refrigerate leftovers immediately
- ⑩ Keep refrigerated leftovers where you can see them.

When You Go Shopping:

- ⑩ Foods should be in good condition
- ⑩ Do not buy cans of food that are dented, rusted or bulging
- ⑩ Cold food should feel cold to the touch.
- ⑩ Frozen foods should be frozen solid
- ⑩ Make grocery shopping your last stop, then go straight home
- ⑩ Refrigerate your purchases immediately
- ⑩ Don't buy anything that won't be used before the use-by-the date

Storing Refrigerated Food Safely:

- ⑩ Make sure your refrigerator is working properly
- ⑩ Avoid overloading your refrigerator
- ⑩ Store eggs in their original container on the bottom shelf.
- ⑩ Place raw meat and poultry in a bag or on a plate to keep the juices from dripping on other foods.

Taking Care of Yourself-- caregiver burnout

Have you ever felt like you don't know where you'll get the strength to continue? Ongoing stress and the drain of the physical energy, spirits and emotions can lead to burnout. For a caregiver, it begins with too little sleep and exhaustion. You are a very important person whom others are counting on. But how can you be counted on if you are not well yourself. Remember the long run, and guard your health. Conserve your strength. Watch your stress level to prevent burnout.

Tips for instant stress reduction:

- ⑩ **Walk**-go for a vigorous 20 minute walk

- ⑩ **Stretch & Breathe-** Spend 10 minutes listening to soothing music while stretching and breathing deeply
- ⑩ **Write-** Fill a few sheets of paper with your thoughts.
- ⑩ **Create-** Get 5 old magazines and cut out images that make you feel happy. Paste them onto a large sheet of paper or cardboard for an inspirational collage.
- ⑩ **Share-** Go to a support group or meet with friends and talk about your feelings

Pets for Mental Health

Studies show 4 legged friends can help improve our cardiovascular health. Dog owners may get more exercise and other health benefits than the rest of us. Older dog walkers also had greater mobility inside their homes than others in the study.

Walking with a dog leads to more conversations and helps people stay socially connected. People who have more social relationships tend to live longer and are less likely to show mental and physical declines as they age.

So enjoy a pet, but be careful, as 86,000 people a year go to the emergency room because they tripped over the family pet and dogs are primary the cause of pet-related falling accidents.

HEALTHY RECIPES

Tossed Salad with Pecan Basil Vinaigrette Dressing

<i>1/2 c fresh basil (chopped)</i>	<i>1/4 c fresh lemon juice</i>
<i>1/4 c oil</i>	<i>1/4 c vegetable oil</i>
<i>1/3 c pecans(chopped)</i>	<i>salt and pepper to taste</i>
<i>sliced tomatoes and/or salad greens</i>	

In a bowl combine basil and lemon juice. Whisk in oils and season with salt and pepper to taste. At the last minute, fold in pecans. Serve drizzled over sliced tomatoes and/or salad greens.

One Minute Flax Muffin

<i>1/4 c ground flax meal</i>	<i>1/8 tsp baking powder</i>
<i>1 egg</i>	<i>sugar/splenda/truvia (whatever you use to taste)</i>
<i>sprinkle cinnamon to taste</i>	<i>few blueberries or raspberries make them even better</i>

Mix all together in a large cup or ramekin and micro for 1 minute. Remove from the ramekin after out of the microwave, let set for a minute. Then you can add a little butter/oleo and sugar free jelly or honey.

Fiesta Salad

11 oz mexican style corn, drained ½ c rinsed and drained kidney or black beans
1 tsp dehydrated minced onion ¼ c prepared salsa
reduced fat cheese 2 lettuce leaves
6 cherry tomatoes

Combine corn, beans, onion, salsa, and cheese in a small bowl. Spoon mixture onto lettuce leaves and top with cherry tomatoes.

Chocolate Fudge Brownies

1 box dry brownie mix of choice 15 oz can black beans w/liquid (pureed in food
¼ c water processor

Puree the black beans til smooth. Add to dry brownie mix with ¼ c water. DO NOT add the eggs or oil as stated on the package, the beans replace those 2 ingredients. Bake according to directions. You can frost with choc frosting or powdered sugar if you want. You can also add walnuts or anything you would add to your brownies. Enjoy!

Fruit Pizza

Cream ½ c oleo, ½ c sugar, 1 tsp vanilla and 1 egg together and add 2 c flour and 2 tsp baking powder. Mix well. Spread mixture on a pizza pan or 9x13" pan and bake 375 for 10-12 minutes. Cool. Mix together 8 oz low fat cream cheese, ½ c sugar, and 1 tsp vanilla. Spread on crust and arrange 1 cup of each: blueberries, raspberries, blackberries, strawberries, kiwi and bananas on top of pizza. Refrigerate until serving.

Berry Bread Pudding

Combine 1 ½ cups thawed blueberries, blackberries or raspberries & 1 tsp sugar. Starting with 4-5 slices whole wheat bread with crusts removed; layer bread and berries in 2 cup deep dish til full. Cover the dish with plastic wrap and place an object over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers. Refrigerate overnight. (check the dish to be sure juice does not run over the top.)

CREATE YOUR OWN SKILLET MEAL

1. Choose at least one ingredient from each category.
2. If meat is not pre-cooked, you need to cook it first in the skillet and then add additional ingredients. TIP: when buying chicken, beef or pork; cook the entire package, cut up into bite size chunks and freeze extra portions.
3. Combine all chosen ingredients into a skillet containing 1-2 tbsp olive oil
4. Simmer over medium heat, stirring occasionally for 20 minutes or until heated through.

<i>Pick a grain</i>	<i>Pick a veggie</i>	<i>Pick a meat/beans</i>	<i>Add a sauce</i>
2-3 c (measure unckd) ckd macaroni	Frozen/thwd/draind 10 oz spinach	2 c diced, cooked chicken	10.75 oz can mixed with milk to make 2 cups
Same amount rigatoni	10 oz broccoli	turkey	Low sodium cream soup (mushroom, celery, broccoli, cheese etc)
Same amount similar pasta	10 oz green beans	ham	16 oz can whole/stewed or diced tomatoes with Juice
1 c (unckd) ckd brown or white rice	10 oz peas	beef	
4 c measure unckd/ckd wide or narrow noodles	10 oz mixed vegetables	pork	
	14.5 oz can green beans	Ground beef	
	Peas	2c chpd hardckd egg	
	carrots	2(6-8 oz) cans drained & flaked fish/seafood	
	corn	2 c cooked beans	
	Mixed vegetables		
	2 c ckd fresh or 1 small can or jar mushrooms		
	2 c fresh sliced/diced zucchini		

Season to taste with onion, garlic, celery, oregano, basil, salt or pepper.

Top with shredded cheese, grated parmesan or bread crumbs.

Skillet Lasagna

*1/2 # ground beef/turkey
1 jar/can spaghetti sauce
1 1/2 c water
1# fresh/frozen spinach*

*1 c cottage cheese
1/2 c shredded mozzarella cheese
3 c noodles uncooked*

Brown meat in skillet, drain and rinse. Add onion, sauce and water to meat in skillet, cover and bring to a boil. Add noodles, cover, simmer for 5 minutes. Stir in spinach, cover simmer for 5 minutes; stir again. Spoon cottage cheese on top; sprinkle with mozzarella. Cover and simmer for 10 minutes more. If mixture gets too dry, add a little water. Serves 4-6.

One Pan Chicken Tetrazzini

*1 medium onion
1/4 c chopped celery
2 tbsp water
10.5 oz can cream of chicken soup
2 1/4 c chicken broth
pepper to taste*

*2 c cubed cooked chicken
1/2 # uncooked spaghetti
1/2 c shredded cheese opt
1 tbsp lemon juice*

In a large skillet or pan, saute onion and celery in water til tender. Add soup, broth, lemon juice and pepper. Mix well. Add chicken and uncooked spaghetti. Bring to a boil. Turn heat to low and cook 15-20 minutes or til spaghetti is done. Sprinkle with desired amount of cheese and serve.

Easy Ramen Noodle Skillet

*1# ground beef
14.5 oz can diced tomatoes with basil, garlic, oregano, undrained
1/2 can water*

*1/2 c chopped onion
3 oz beef flavored ramen noodle soup mix*

In a skillet, cook ground beef and onion til beef is thoroughly cooked stirring frequently. Drain. Add tomatoes, water, italian seasoning, and contents of seasoning packet from soup mix; mix well. Bring to a boil. Break up noodles; stir in noodles. Return to a boil. Reduce heat to low; cover and simmer 5 minutes til noodles are tender, stirring occasionally.

Schedule for September 2010

Tuesday, Sept. 2 9 am-4 pm & Wednesday, Sept. 3 9 am-1 pm- Rummage Sale at Fairview Nursing Home, Mauston- knick-knacks, Kids' clothes and toys, household items and much more! All proceeds will benefit Mile Bluff- Fairview Nursing Home. For more information call Jill Finley at 847-1290 x4290.

Monday, Sept. 6-Labor Day, Holiday, ADRC Office and all mealsites closed for day.

Saturday, Sept. 11- Patriot Day

Monday, Sept. 13- Alzheimer Support Group meets in Adult Center at 1:30 pm

Wednesday, Sept. 15- Committee on Aging and Disability Meeting at 9:30 am in Room 1 in County Courthouse basement.

Friday, Sept. 17- Low Vision Support Group meets 9:30 am in the Adult Center.

Saturday, Sept. 18- Whooping Crane Festival at Necedah. Visit the Senior Citizen Craft Fair table

Monday, Sept. 20- Tom Palmer Concert- call 847-2377 to reserve your spot. Space is limited. Tom Palmer will entertain with his show of folk music and story telling. The community is invited to attend this event. 2 pm at Terrace Heights Retirement Community.

Thursday, Sept. 22-Autumn begins

Mile Bluff Medical Center Dates

Outpatient Counseling- For more information call 847-1838. Group and individual counseling services are available.

Health Fair- Appointments are required for all tests. FREE risk factor appraisals and blood sugar and blood pressure screenings. Total Cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. 10 minute chair massage for \$10 (8-11 am only) Refreshments and door prizes. *Thursday, Sept. 9 7-11 am at Mile Bluff-Elroy Medical Center- call 608-462-8466. Thursday, Sept. 16- 7-11 am at Mile Bluff-Delton Family Medical Center- Call 608-254-5888.* Back screenings performed by physical therapist, Mike Rawlings, are available.

Family and Friends Connection Support Group- for more information call 847-1838. A support group that is available for family and friends of nursing home residents.

Wednesday, Sept. 8 at 2 pm in Fairview Nursing Home, Topic- "Understanding and accepting difficult behaviors."

Grief Support Group-for more information, call 847-1285. This group offers support services to families and individuals who are coping with the death of a loved one . Individual grief issues as well as educational topics are covered by Rev.Fairchild who leads the group. They meet every other Thursday from Sept. 23 to Dec. 16 7-8 pm in the Mile Bluff Medical Center.

AA Group- For more information, call 847-6878 or AA Hotline at 608-222-8989. Meetings take place at Mile Bluff Medical Center in the Castle Rock Room and are closed with no smoking. Sundays at 6 pm and Mondays at 7:30 pm

AL-ANON Group- For more information call 608-562-5611,

APRIL MARTELL'S DATES

April Martell is Juneau County UW-Extension Nutrition Program Coordinator and she will visit the following sites to give programs on the following dates:

Wednesday, Sept. 1- Adult Center, Juneau County Courthouse Basement- 11:30 a.m.

Tuesday, Sept. 14- Grace Lutheran Church, Elroy Mealsite- 11:30 a.m.

Wednesday, Sept. 15- Bernie's Wagon Wheel II Restaurant, Wonewoc mealsite-11:30

Tuesday, Sept. 21- Camp Douglas Village Hall at 11:05 a.m. And New Lisbon Meal Site -234 West Pleasant Street, in back of New Lisbon Fire Department at noon.

Wednesday, Sept. 22- Beagle's Bar & Grill, Lyndon Station's Mealsite-11:00 a.m.

Thursday, Sept. 23 -Necedah Village Hall, Necedah's Mealsite- 11:30 a.m.

School Newspaper

1. ACCOUNT
2. ACTIVITY
3. ADVICE
4. ARTICLE
5. AWARDS
6. CAPTION
7. CARTOON
8. COLUMN
9. COMMENT
10. COMPLAINTS
11. EDITION
12. EDITOR
13. ELECTION
14. EVENTS
15. HEADLINE
16. HUMOR
17. IDEAS
18. ISSUES
19. JOBS
20. NEWS
21. NOTICES
22. OPINION
23. PICTURE
24. POEM
25. POLLS
26. REPORT
27. RESULTS
28. SCORES
29. SPIRIT
30. SPORTS
31. STORY

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